

Slow-roasted duck legs in lard

Cuisine: **Czech**

Food category: **Poultry**



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Company: **Retigo**

Program steps

1 Combination 90 % Termination by time 12:00 hh:mm 82 °C 50 %

Ingredients - number of portions - 10

Name	Value	Unit
duck legs	2.5	kg
salt	0.03	kg
caraway seeds	0.02	kg
apples	0.25	kg
onion	0.25	kg
dry red wine	0.15	l
garlic	100	g
pork lard	1200	g

Directions

Clean the duck legs (or quarters), season with salt and pepper, place in a 100mm deep GN. Optionally, add apples, onions, garlic to taste, add water and red wine and slowly roast in the combi oven.

Then drain the lard and drippings and finish roasting until golden with the skin.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1983.8 kJ
Carbohydrate	8.7 g
Fat	199.3 g
Protein	36.5 g
Water	0 g

Recommended accessories



GN container Stainless steel full